

2009 Northwest Lions Girls Cross Country Stan Nelson Invitational on 9/12/2009 at House Springs Int..



Weather: Sunny, 82°, humid Course Conditions: Soft ground, slow course

	Score	Place	# Teams	Awards	Notes
Varsity	69	3rd	7	3 Medalists	Duch-58,FZN-60,NW-69,PS-76,Laf-91,Seck-155,HW-183
Jr Varsity	NTS	NA	6	1 Medalist	Laf-22,PS-56,FZN-67,HW-96
Freshmen					
Fresh/Soph					
Open					

Event	Name	Results	Place	PR	Notes	Splits
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Division: Junior Varsity

Cross Country 5k

Leticia Goss	24:19.17	6th		Medaled	7:20/15:43(8:23)/23:42(7:59)
Savannah Mulenex	24:27.80	8th	PR	Medaled	7:23/15:43(8:23)/23:42(7:59)
Annie James	24:34.97	9th		Sick last part of race-Medaled	7:20/15:43(8:23)/23:25(7:42)
Maria Nguyen	26:28.98	35th	PR		8:01/16:55(8:54)/25:45(8:50)
Nina Karthaus	27:41.12	28th	PR		8:38/17:40(9:02)/27:09(9:29)
Kara Goss	27:43.19	37th	PR		8:39/17:48(9:09)/27:00(9:12)
Macy Patrick	27:58.94	39th			8:22/17:50(9:27)/27:23(9:33)
Kristen Graves	28:15.83	42nd			8:15/17:33(9:18)/27:22(9:49)
Amanda Holdenried	30:00.90	58th			8:45/19:04(10:19)/29:12(10:08)
Mary Beth Tucker	37:22.52	70th	PR		10:29/23:15(9:46)/36:19(13:04)
Lyndsay Brandt				DNF	7:57/16:47(8:50)

Division: Freshmen

Cross Country 5k

Minda Weible	26:03.03	19th		Medaled	7:28/16:55(9:27)/25:13(8:18)
Cassie Young	30:26.48	38th	PR		8:40/19:04(10:24)/29:30(10:26)
Lindsay Akers	33:16.78	44th			9:09/21:08(11:59)/32:05(10:57)
Samantha Patriarca	36:24.53	45th	PR		10:31/23:12(12:41)/35:10(11:58)
Terriana Fridley				DNF-Sprained ankle	7:37